

CLAIMS

1. A Cupuacu oil and fat composition comprising the Cupuacu oil and fat, and lecithin or/and cacao butter.
- 5 2. A health food of naturally occurring plant origin, comprising the Cupuacu oil and fat, and lecithin or/and Cacao butter.
3. A health food as claimed in claim 2, wherein the food is a chocolate-like cake.
4. A health food as claimed in claim 3, wherein the food is a
10 chocolate substitute.
5. A health food as claimed in claim 2 or 3, which includes, furthermore, more than one of the ingredients selected from a group consisting of sugar, powdered milk, palm oil, coconut oil and rape oil.
- 15 6. A method for maintaining or promoting health characterized by not eating chocolate, but eating, instead, a health food as claimed in any of claims 2 to 5.
7. A method for manufacturing the Cupuacu oil and fat which comprises the following three steps: the first step of
20 fermenting Cupuacu seeds to get Cupuacu beans, the second step of roasting Cupuacu seeds, gathering the albumen by threshing the roasted seeds and then crushing the albumen to get crude Cupuacu oil and fat, and if desired, the third step of pressing the crude Cupuacu oil and fat to get purified
25 Cupuacu oil and fat.
8. A method for manufacturing the Cupuacu oil and fat which comprises the following three steps: the first step of fermenting Cupuacu seeds to get Cupuacu beans, the second step of treating Cupuacu beans with hot water or heated water

vapor, followed by making a cut in the shell and taking out the albumen through the cut (it), roasting the albumen and crushing the latter to get crude Cupuacu oil and fat, and if desired, the third step of pressing the crude Cupuacu oil and fat to get purified Cupuacu oil and fat.

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9. A health food containing the crude or purified Cupuacu oil and fat produced by the method as claimed in claim 7 or 8, and lecithin or/and cacao butter.
10. A health food as claimed in claim 9 containing, in addition to the ingredients mentioned in claim 9, more than one of the ingredients selected from a group consisting of sugar, powdered milk, palm oil, coconut oil and rape oil.
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11. A health food as claimed in claims 9 or 10, wherein, it is either a chocolate-like cake or a chocolate substitute.